

The Voice of the Greater New Haven Jewish Community

SHALOM



Summer camps to open again in the Greater New Haven Area

pages 10-11

NEW HAVEN

SPRING 2021 • ADAR/NISAN 5781

STORIES OF PASSOVER: Remembering Our Journeys to America

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TACKLING COVID DEPRESSION IN TEENS

Jewish Family Service forms new therapy group to help struggling youth

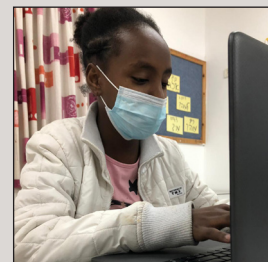
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SUPPORTING AQUATICS AT THE JCC

Generous donors Make a Splash! with new aquatics campaign

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YOUR DONATIONS HELPED CHILDREN IN ISRAEL

Laptops given at Beit Alpha Absorption Center thanks to Annual Campaign funds

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FROM THE DESK OF
JUDY ALPERIN
CHIEF EXECUTIVE OFFICER | jalperin@jewishnewhaven.org

In the Fullness of Time



My mentor Mark Goldstein, may his memory be for a blessing, often used the expression, “in the fullness of time.” As a younger professional who often was running faster than I should to get things done, when I heard those words it would frustrate me. I would think: “What do you mean? I need concrete and I need it now!”

Today, perhaps because I am older and hopefully wiser, perhaps cowed a bit by a raging pandemic, I embrace those words. I have come to understand that time is what we make of it; our purpose, when true, will be fulfilled. I also understand perhaps a bit more acutely in light of the incredible loss that COVID-19 has wrought, that time is our most fleeting and precious gift.

Long before COVID-19, another scourge was plaguing our people. Facing the most dynamic and complex threat environment in American history, the Jewish community is seeing unprecedented spikes in anti-Semitism and identity-based hate and violence. Deadly attacks occurred over the last two years at Pittsburgh’s Tree of Life synagogue, the Chabad House in Poway, California, and at Jewish sites in Monsey (New York) and Newark (New Jersey). Moreover, there is well-documented evidence of disturbing

growth in groups and individuals espousing extremist ideologies.

In our region, recent anti-Semitic activity has included telephonic bomb threats to the Jewish Community Center, Jewish cemetery desecrations, and disruption of online services and events at local synagogues and Jewish agencies as well as property desecrations with swastikas and hateful graffiti.

Keeping the Jewish community safe and secure is our responsibility. It is our sacred trust. *Kol Israel arevim zeh la'zeh*. All Jews are responsible for one another.

Just after the Unite the Right Rally in Charlottesville in the summer of 2017, I knew that our community needed more security help than we were currently providing. I also knew that our needs would come at a significant cost. As you know from my earlier statement, my zeal to make things happen sometimes knows no bounds; I set the wheels in motion, believing as I always do, that there is strength and opportunity in collaboration and partnership. What if we could take a holistic approach and find a solution for the entire Connecticut Jewish community?

While it may have taken “the fullness of time,” our community is joining with sev-

eral Connecticut Federations by engaging Secure Community Network (SCN) to retain a Regional Security Advisor (RSA) as Greater Hartford also hires a Security Director, ensuring that the Jewish community in the state of Connecticut is served. Each congregation, agency, facility, kosher establishment and Chabad house will be served through the development and implementation of strategic frameworks, best practice policies and procedures, threat and vulnerability assessments, training and education, safety and security matters, and crisis management support during critical incidents. In addition, SCN’s 24/7 Duty Desk provides timely, credible threat and incident information to both law enforcement and community partners. The RSA will serve as the community’s formal liaison with federal law enforcement and coordinates closely with state and local law enforcement partners.

As we enter the season of revitalization and the renewal of spring, may our community be protected and safe, my you and those you love remain healthy and strong and may we all enjoy a socially distant zissen Pesach.

Judy

SHALOM NEW HAVEN

SHALOM NEW HAVEN is published six times per year and delivered free of charge to the Greater New Haven Jewish community by the Jewish Federation of Greater New Haven.

COPY DEADLINES

Copy deadlines for the upcoming *Shalom New Haven* issues are:

- March 25 for May/June issue
- May 24 for July/August issue
- July 24 for September/October issue
- Sept. 25 for November/December issue
- Nov. 25 for January/February issue
- Jan. 25 for March/April issue

SUBMISSIONS

To submit an article or photo, please email shalomnh@jewishnewhaven.org. Please include your contact information when submitting.

Space is limited; submission does not guarantee publication. All articles are subject to approval by the editorial board.

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COVID-19 Maimonides Response Fund Impact



Jewish Federation OF GREATER NEW HAVEN



Jewish Foundation OF GREATER NEW HAVEN

by Rabbi Yossi Yaffe
Director, Chabad of the Shoreline

“Rabbi, does Chabad have any extra food cards available? Even \$50?”

Helen* sounded hesitant, almost apologetic. I was shocked. We have known Helen and her husband Michael for over 20 years. They live a simple life, work two jobs each and pay their bills. They have never asked for anything. If attending a program with a fee, they insist on paying in full; they do not accept my offer of a reduced rate or no fee at all. A story flashed through my mind:

Before Passover, a woman approached the village rabbi with a question: “Rabbi, can I use milk instead of wine to fulfill my obligation to drink four cups?” The rabbi answered that wine or grape juice must be used. After she left, he instructed his assistant to give her enough money to pay for the seders and all her Passover expenses. “But Rabbi,” the assistant protested, “why so much money? All she asked was if milk could replace wine?” The rabbi responded, “My dear friend, we must read between the lines. Kosher laws forbid eating milk and meat together. If this woman and her family are ready to drink milk instead of wine, that means they have no money for chicken or meat either. Their seder table would be bare indeed.”

If Helen is requesting \$50 for food, what else is she missing? I asked her what is really going on. Slowly the details unfolded:



“Well, we have been buying less food because we are struggling to keep up with the co-pays on our medicine. Michael has been ill and unable to work. We are just scraping by. A few months ago, my doctor warned me that my age and underlying health conditions made it unwise to continue my part-time job as a home health aide during COVID. We approached different agencies to see if we could receive any additional support. So far, nothing. Rabbi, we find ourselves in a tough spot. We couldn’t even pay our condo fees this month!”

By the end of the conversation, I had a clear picture of how much they would need to make up their monthly deficit and surmount these challenges.

I found some potential job opportunities for Helen that were safe and could provide some supplemental income. But it wasn’t enough—and a \$50 food card was not going to do the trick.

Then I reached out to the COVID-19 Maimonides Fund of the Jewish Federation and Jewish Foundation of Greater New Haven and described the situation. Within days, they supplied funds that allowed Helen and Michael to close the gap and cover groceries, medicine and rent.

Nothing feels better than helping people in need. And nothing hurts more than seeing people in need and being unable to help. The Jewish community has supported the Jewish Federation and Jewish Foundation’s COVID-19 Maimonides Response Fund, and that fund has supported Helen and Michael. We see difficult situations being resolved

Providing for critical human needs: \$538,290 in grant awards

as of January 28, 2021

\$270,100 SOCIAL SERVICES

Since the pandemic, Jewish Family Service added 197 sessions, many of which serviced isolated seniors and those with disabilities. More than 763 hours of case management were provided to more than 250 individuals, and the pantry has served 500 families. In addition, grants were awarded to provide emergency support to Holocaust survivors through the Kavod SHEF program.

\$172,500 FOOD FOR SENIORS LIVING AT THE TOWERS AT TOWERS LANE

For 198 seniors residing at The Towers at Towers Lane, three healthy nutritious meals delivered daily has been a lifeline. It helped them social-distance in their apartments and ultimately saved lives. Less exposure, less risk and less transmission have kept everyone safe.

\$45,000 PERSONAL PROTECTIVE EQUIPMENT

Senior residents at The Towers at Towers Lane and children at Ezra Academy and at Southern Connecticut Hebrew Academy are safer when there are enough masks, gowns, gloves, for all staff.

\$33,950 FOR FAMILIES AND INDIVIDUALS IN NEED

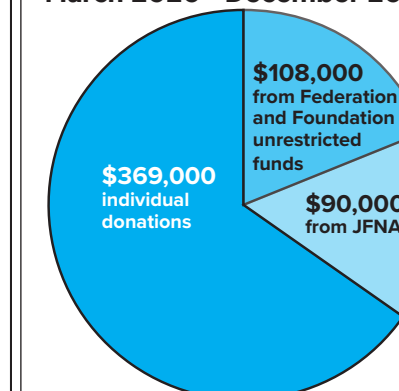
People who lost their job in the pandemic were in need of rent assistance, food, utilities and other expenses related to job loss. Funds were channeled through community synagogues and rabbis, the Jewish Federation and Jewish Community Alliance for Refugee Resettlement (JCARR).

\$16,740 IPADS FOR SENIORS

iPads were purchased so that seniors residing at The Towers at Tower Lane can more easily participate in family virtual meetings and telehealth appointments.

Monies raised for critical human needs \$567,000

March 2020—December 2020



in a clear, timely manner. Your generosity provides for those who are struggling. You lift them up with your kindness and care. Thank you!

*In order to protect the dignity and privacy of those in need, we have changed names and combined the details of different cases into one composite.

To learn more, visit jewishnewhaven.org/home/covid-19-maimonides-response-fund.

Spring CELEBRATION

— a Virtual Event —

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Jewish Federation OF GREATER NEW HAVEN

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Yom Hashoah

Community-wide Commemoration

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PLUS: Yom HaZikaron Ceremony

April 13, 2021

7-9 PM

JEWISH FEDERATION OF GREATER NEW HAVEN'S Women's Philanthropy Launches NEW Community-wide Program

Women's Philanthropy is thrilled to share that we are launching a local chapter of Dignity Grows, a program founded by the Jewish Federation of Greater Hartford's Women's Philanthropy. It has now grown into a national initiative chaired by its founder, Jessica Zachs.

Dignity Grows provides monthly personal and menstrual hygiene products to women, girls and individuals assigned female at birth who cannot afford them. Dignity Grows embodies the Jewish values of *tzedakah* (righteousness) and *tikkun olam* (repairing the world). Through this program, we empower our neighbors and remove obstacles to better self-esteem and health by providing personal hygiene essentials every month. Dignity Grows mobilizes volunteers to organize, assemble and distribute free, reusable zipper-top totes filled with a month's supply of soap, shampoo, deodorant,



toothbrush and toothpaste, along with menstrual products. Federal grant programs do not cover these items, and people often don't think to donate them to food pantries.

Dignity Grows was one of the programs featured at our recent International Lion of Judah conference. We have no doubt that Federations across America will plan to launch their own chapters as well. Volunteers are needed to help pack the totes and financial support will enable us to purchase the contents for the totes (and the totes themselves). Just \$10 will fill a Dignity Grows Tote for a neighbor in need.

For more information on how to get involved and/or donate, contact Chief Development Officer Amy Holtz at aholtz@jewishnewhaven.org or visit jewishnewhaven.org/womens-network/dignity-grows.

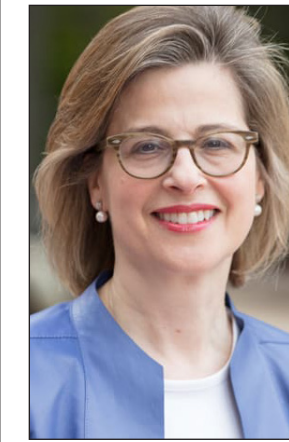
Congratulations to Sherri Hauer



Sherri Hauer, whose father George Hauer still lives on the Shoreline and is an active member of Temple Beth Tikvah, received the inaugural Marv Gross Social Justice Award. She was recognized for her work organizing community programs with "dreamers,"

Hauer and her other group members—Martha Ruffman and Bill Sparks—helped raise funds for legal aid services and direct donations of money and household items for families in need in Southern California, where she resides. After visiting the ICE Processing Center in Adelanto to personally see the conditions of refugees, Hauer took an unaccompanied immigrant child into her home while he was waiting to be reunited with his family.

New JDC CEO Ariel Zwang



Ariel Zwang, who previously led the Safe Horizon social service agencies as CEO for 12 years, began in January as CEO of the American Jewish Joint Distribution Committee (JDC). JDC is a global Jewish humanitarian organization operating in 70 countries and a partner agency of the Jewish Federations of North America. Zwang joins JDC at a challenging time as the heavy impact of the COVID-19 pandemic is felt around the world.

Her career in the human and public service sectors spans her tenure as executive director of New York Cares, White House Fellow in the Department of Housing and Urban Development, vice president of the Women's Housing and Economic Development Corporation in the South Bronx, and special assistant to the chancellor of the New York City Board of Education. Coming from a family of rabbis and Jewish educators, Zwang has served her Jewish community as lay leader for Manhattan's Congregation B'nai Jeshurun, UJA-Federation of New York, Jewish Coalition for Service and New York Committee for Harvard Hillel.

Learn more about Ariel Zwang at jdc.org/about/our-ceo.

Mazal Tov on Temple Beth Sholom's 75th Anniversary



In Fall 2021, Temple Beth Sholom (TBS) is celebrating its 75th anniversary. Temple Beth Sholom will have a yearlong celebration of a wide variety of events. Programming includes Friday Night Shabbat services to recognize congregants who joined during each decade, a special recognition of past Temple presidents and much more. It will all lead up to a culminating event in November 2021. Details will be available on tbshamden.com.

Seeking Memories about TBS: If you or your family were members of Temple Beth Sholom—or attended a special event at Temple Beth Sholom—they would love to hear from you. Email your Temple Beth Sholom story to tbshamden75@gmail.com. They will be compiling memories for a tribute book.

Your Donations Helped Beit Alpha Absorption Center Children

Because of your generous donations to the Jewish Federation's Annual Campaign, the children at Beit Alpha Absorption Center in Israel now have 15 new laptops for educational purposes. Beit Alpha, an absorption center run by the Jewish Agency for Israel (JAFI), and funded in part through Jewish Federations, is home to about 400 Ethiopian *olim* (immigrants). The absorption center creates a bridge to newcomers, helping them adjust to the Hebrew language and life in modern Israeli society. Operation Rock of Israel, launched this winter, will bring 2,000 more *olim* even with Ben-Gurion Airport being closed and the border sealed off to lower COVID-19 infections.



This donation was made possible through the Southern New England Consortium partnership (SNEC), a partnership of 11 Jewish Federations, of which the Jewish Federation of Greater New Haven is a member. Together we invest in the Afula-Gilboa region of Israel, creating a significant impact in the lives of children, women and young people at risk.

Your donations to the Annual Campaign of the Jewish Federation of Greater New Haven make this possible.

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Women's Philanthropy

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30 Female	113.00	125.00	210.00
40 Male	155.00	198.00	440.00
40 Female	145.00	178.00	380.00
50 Male	235.00	360.00	1,080.00
50 Female	203.00	308.00	820.00

Issue Age	\$100,000	\$250,000	\$1,000,000
30 Male	\$ 118.00	\$ 140.00	\$ 310.00
30 Female	114.00	130.00	270.00
40 Male	161.00	228.00	640.00
40 Female	146.00	198.00	520.00
50 Male	260.00	460.00	1,370.00
50 Female	222.00	383.00	1,130.00

Issue Age	\$100,000	\$250,000	\$1,000,000
30 Male	\$ 126.00	\$ 180.00	\$ 440.00
30 Female	118.00	158.00	360.00
40 Male	185.00	310.00	890.00
40 Female	163.00	255.00	760.00
50 Male	312.00	593.00	2,070.00
50 Female	258.00	525.00	1,580.00

Issue Age	\$100,000	\$250,000	\$1,000,000
30 Male	\$ 160.00	\$ 230.00	\$ 670.00
30 Female	134.00	198.00	540.00
40 Male	234.00	453.00	1,520.00
40 Female	196.00	380.00	1,240.00
50 Male	476.00	1,078.00	3,940.00
50 Female	411.00	888.00	3,210.00

*Annual premiums shown are for preferred plus nonsmoker class (preferred nonsmoker class for \$100,000 face amounts). Equivalent premiums are available for other underwriting classes, ages, face amounts and payment modes.

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New Haven Sends Delegates on Virtual Mission to DC



by Derek Holodak
Shalom New Haven Staff

This February, 15 members of the Greater New Haven Jewish community joined delegates from across the United States for the Jewish Federations of North America's (JFNA) first-ever Virtual Mission to Washington, DC.

The goal of the mission was to allow participants to hear from political leaders and policymakers who will fight anti-Semitism, ensure a strong U.S.-Israel relationship, and make the case for government resources to keep communal institutions flourishing and provide for the vulnerable, such as Holocaust survivors. Additional focus was given to anti-Semitism and Holocaust education, as well as

the need for increased funding for the Nonprofit Security Grant program, which has benefitted organizations and synagogues within the Greater New Haven community.

Attendees were also among the first in the nation to virtually meet with members of the new administration and bi-partisan Congressional leaders, such as Congressmen Meeks and McCaul, who head up the Foreign Affairs Committee, and Senator Portman and Congressman Thompson, leads on nonprofit security to advocate for the priorities of the Jewish community. "I was so impressed with the large assortment of legislators from both sides of the aisle," reflected Jewish Federation of Greater New Haven CEO Judy Alperin. "It all felt so accessible, even remotely."

The highlight for many in the New Haven delegation, though, came during the February 2 session, "What to Expect in the First 100 Days," which saw New Haven's own Rosa DeLauro in her new role as House Appropriations Chair introduced by Alperin. "Rosa steals the floor every time!" remarked attendee Nan Birdwhistell. "I went in person years ago, and found it a phenomenal opportunity to hear Congressional representatives speak on a range of issues of importance to our life. This year's Virtual Mission provided even greater opportunities to participate, and I encourage anyone who can participate in future missions do so."

For those who were unable to attend the Virtual Mission, recordings are available on the Jewish Federation of Greater New Haven's website at jewishnewhaven.org/jcrc.

Local Ties to Biden Administration

Congratulations to Jewish appointees in the Biden Administration with ties to our Greater New Haven community!



(LEFT) Jessica Rosenworcel has been named as Chair of the Federal Communications Commission. She is a native of West Hartford, where she went to Hall High School.

(RIGHT) David Kessler, brought in as Co-chair of the COVID-19 Advisory Board and Head of Operation Warp Speed, joined the Yale School of Medicine as dean from 1997 to 2003.

Learn more about these appointees and many others at jewishvirtuallibrary.org/jews-in-the-biden-administration.

A Bridge Between Ethiopian Israelis and American Teens



Nitzan, the Jewish Agency central shlichah (female Israeli emissary) in Washington D.C., who has worked predominantly with the Jewish youth movement organization BBYO and Maccabi World Union for the last two years

A new partnership that was launched this past year as people engaged in more online activities during the pandemic is building connections and understanding between American Jewish and Ethiopian Israeli teens via Zoom. BBYO and the Ethiopian National Project (ENP), an organization in Israel that works to ensure the successful integration of Ethiopian-Israelis into Israeli society, launched Bridges Buddies. The initiative is a Federation-supported ENP program that helps ENP participants improve their spoken English and allows American Jewish teens to learn about Ethiopian Jewish culture.

Over two months, Bridges Buddies participants gathered on Zoom every other week. About 20 teens in 10th and 11th grades from the paired Partnership2Gether cities Baltimore and Ashkelon were part of the first summer cohort. Fall 2020's expanded second cohort included about 20 teens each from Baltimore, Michigan and Migdal Emek, including the Detroit ShinShinim (teenage gap-year Israeli emissaries). The third cohort kicked off in early 2021.

"Before the program, some of the American teens hadn't really heard of or met Ethiopian Israelis. They didn't know about Ethiopian Jewish culture...so they really learned a lot," shared Nitzan, the call facilitator and American-related logistics arranger, with The Jewish Agency for Israel. She is the agency's central shlichah (female Israeli emissary) in Washington D.C., working predominantly with the Jewish youth movement organization BBYO and Maccabi World Union. "And on the other side, the program really helped the Ethiopian Israeli teens with their English skills and exposed them to Jewish life overseas."

Read more at jewishagency.org/a-bridge-between-ethiopian-israelis-and-american-teens.

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Shalom Baby Continues to Make a Great Impression

Shalom Baby is building community with personal gift bag deliveries, stroller-walking groups, socially distanced outdoor programs and virtual programs for parents. Having co-chairs safely visit families at their homes to bring them gifts has been a beautiful point of connection for parents feeling especially isolated at this time. Families are also connecting online in a closed Shalom Baby Families Facebook Group.



A FEW MESSAGES FROM SHALOM BABY PARENTS:

"Thank you for the Shalom Baby bag, Evan loves it!"—Sophie

"Just got the Shalom Baby bag and it is amazing, thank you!!"—Natalie

"Thank you again for the wonderful Shalom Baby bag!"—Caitlin

My name is Nicki Golos. I grew up in this community (formerly as Nicki Perkins) and I am so proud to be a part of the Women's Philanthropy Shalom Baby effort. I have two little ones whose births straddle the pandemic, a two year old boy and a five month old girl. Firsthand, I can tell you that it's a very different experience to have a baby during the pandemic. I don't get to see my little girl's peers, meet their parents, or show her off the way I did with my son. I don't get to feel the warmth of strangers' smiles and coos over her. From my experiences with my son, I'm lucky enough to know that this isn't the norm. But I want to make sure that new parents, who might be feeling a little bit lonely, also know that child-rearing really does take a village, and that we are here for them. To me, Shalom Baby is bringing families a taste of what it will one day feel like again. When I do a socially distant drop-off, it's a check-in, a time when I can ask families how they're doing and celebrate their baby, and let them see how happy our community is for them. It's a brief moment of relief and a reminder that normalcy will return one day. It's a total privilege to be a part of it, and I want to thank the Federation, Women's Philanthropy, and our professional staff of Kayla and Amy for making it happen.

—Nicki Golos
Co-chair, Shalom Baby



You can now follow us on social media at [Facebook.com/shalombabygnh](https://www.facebook.com/shalombabygnh) and [Instagram.com/shalom.baby.gnh](https://www.instagram.com/shalom.baby.gnh).

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NEW ENGLAND JEWISH ACADEMY 2021 Gala & Awards Event

New England Jewish Academy (NEJA) honored their faculty and Upper Division Principal at their virtual 2021 Annual Gala & Awards Event on February 10. NEJA's Class of 2021, student council, parents, staff, administrators, board members and volunteers joined together to create a virtual showcase celebrating the 33 faculty members who inspire and educate students as young as two years old, throughout their elementary, middle and high school years. The event also paid tribute to Dr. Richard Nabel, a seasoned school administrator who served Hebrew High School of New England as its Head of General Studies, and filled the role of Interim Head of School when New England Jewish Academy was formed in 2019. Although the event was not held together in person, online participants enjoyed delicious dinners catered by The Crown Market and a visual presentation celebrating the entire faculty and Dr. Richard Nabel.



Head of School Naty Katz (left) and Board Co-President Juanita Moss (middle) presented Upper Division Principal Dr. Richard Nabel (right) with the President's Award at the 2021 Gala

Jewish Federation OF GREATER NEW HAVEN

Women's Philanthropy **Presents**

A discussion with Suzi Weiss-Fischmann

Jewish mother, author, co-founder and national brand ambassador of *OPI Nail Lacquer*.

Join us for this special event presented by many Federations from across the country.

Sunday March 14 | 5 PM
jewishnewhaven.org/rsvp

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2021 SUMMER CAMPS

CAMP LAURELWOOD Returning Safely This Summer

by Rabbi James Greene
Executive Director, Camp Laurelwood

Jewish summer camps offer an unprecedented way to connect with identity and culture through fun and immersive activities. And, with the beginning of a new year, camps are once again opening applications up to campers, making this the perfect time for parents and families to select the camp that is right for their children. At Camp Laurelwood, Connecticut's only Jewish traditional overnight camp, that means the staff is working hard to get ready for summer.

I can tell you that it was strange being at the camp last summer without hundreds of campers. We miss our campers and our community dearly, and we can't wait to welcome them home this summer for our 84th season at Camp Laurelwood. Our campers and staff have been far apart from people and places that hold a lot of meaning for them for far too long.

Data and research shows that having immersive experiences in Jewish culture



like overnight summer camp is formative to identity development and a long-term commitment to Jewish life. At Camp Laurelwood, campers in second through 10th grade get to explore their identity, grow their community and learn important values. They can enjoy the traditional amenities of summer camp, including two pools, 140 acres of open space, two beautiful lakes surrounded by trees and nature trails, and more.

This summer, the outdoor space of our camp will play an even more important role as we create a safe, healthy environment. We have worked for months to get to this moment, and we will be ready. As we have said all along, the come back is always better than the set-back.

We are very aware of the importance of making sure the community is safe. Working alongside a team of medical professionals, as well as utilizing the guidance from the American Camp Association, the Centers for Disease Control and the State of Connecticut Reopening Task Force, Camp Laurelwood is implementing new health practices for this summer to ensure the safety of our campers and staff. This will include wearing masks where appropriate and participating in routine health screenings and temperature checks. Campers and staff will only come to camp after receiving a negative COVID-19 test, and they will be tested regularly throughout the summer. We've also redesigned our intake procedures, dining procedures and programming spaces to maintain proper health standards. Camp will also provide more spacing with outdoor meals and program space. We will group campers into smaller "cohorts" for their activities.

Although COVID-19 protocols will be in place, I am excited by the new things com-

JCC DAY CAMPS Parents and Kids Bond Over Camp Experiences



Oliver
upbringings was JCC Day Camps. When they eventually met, married and had children, it was a "no brainer" that their son Oliver was going to JCC Day Camps.

"I remember the feeling of waiting for the bus and just knowing I was going to have a great day," Bailey recalls. It is that lasting sentiment—that feeling of everything is going to ok—that she hopes to give to her son; with JCC Day Camps, she feels assured that when he looks back, he will recount that very same memory. Bailey took a sober tone as she reflected on the 2020 camp season: "My son had [8] glorious weeks of summer that not a lot of kids got because of COVID. You walk up that path [toward camp] and it feels like you could be anywhere in any time. I don't think Oliver noticed for a second that anything was different."

"JCC Day Camps is such a big presence in the community; you just can't get that Jewish camp experience elsewhere," Bailey said when asked why she refers so many families. Rooting her children in the very community that both her and her husband have long cherished is why camp is so important to her. JCC Day Camps is the thread that links her family's past to its future. She plans on sending her two-year old daughter as soon as she is old enough to attend. Will Bailey Orell ever stop referring families to JCC Day Camps? Not anytime soon.

Oliver is most looking forward to this upcoming camp season, and especially seeing old friends and making new ones, Bailey said. "[Your kids] come home dirty, tired and happy. And if my kid is happy, what's there to not be happy about."

Learn more at jewishcamp.org/one-happy-camper.

ONE HAPPY CAMPER Scholarships Help More Kids Experience Summer Camp

Bring on the (kosher) bug juice and light the havdalah campfire! The Jewish Foundation of Greater New Haven offers grants and scholarships through their One Happy Camper Program (OHC). This initiative, made possible through the Foundation for Jewish Camp (FJC), enables children living throughout the Greater New Haven region to enjoy the fun, camaraderie and ruach integral to a Jewish overnight camping experience. "We're fortunate to offer a two-prong program that includes needs-blind incentive grants for first-time campers as well as needs-based aid for first-time and returning campers," explains Lisa Stanger, Executive Director of the Jewish Foundation of Greater New Haven. "This approach enables us to reach across a broad spectrum and impact many different families."

To learn about scholarships for Jewish overnight camp, see the One Happy Camper ad on page 12 and visit jewishnewhaven.org/one-happy-camper.

Summers at overnight camps are packed with a wide range of fun activities. Campers are encouraged to discover new skills and interests they never knew they had. Jewish camp weaves Jewish values, culture and traditions into the fabric of camp, helping campers to connect to their own identity and the larger Jewish community. Spirited and dynamic staff members use experiential learning to reveal what makes Jewish religion and culture so unique in today's world. At camp, Jewish and Israeli culture is celebrated through song, food, art and dance.

Campers return home connected to a community and friends that will last them a lifetime. Children with pivotal Jewish camp experiences are more likely to become adults who value their Jewish heritage, support Jewish causes and take on leadership roles in their communities. Based on CAMP WORKS, the 2010 study by FJC on the long-term impact of Jewish overnight camp, Jewish campers show they are 55 percent more likely to feel very emotionally attached to Israel as adults, 21 percent more likely to feel that being Jewish is very important and 26 percent more likely to be synagogue members. Twenty percent of the Jewish educators surveyed cited Jewish camp as a key experience that caused them to enter the field and one out of three Jewish professionals (rabbis, cantors and teachers) surveyed started out as counselors at Jewish camp. To find out about over 200 different Jewish overnight camps, including science and technology camps, movement camps, adventure camps, travel camps, special needs camps, and general camps, visit onehappycamper.org.



CAMP GAN ISRAEL Summer Fun Returns

Camp Gan Israel (CGI), centrally located in New Haven, is a Jewish summer camp for girls and boys ages 3-12. It is ACA-accredited and committed to providing a program with exciting and engaging activities while maintaining and adhering to all safety standards and guidelines. Children of diverse backgrounds and affiliations enjoy a shared Jewish spirit in a positive, inclusive atmosphere. Dedicated and caring staff celebrates each child, helping them develop new skills and build their self-esteem.

"My kids have spent six wonderful summers at Camp Gan Israel of Greater New Haven! They have loved each summer more than the summer before (even during COVID!). The directors have a way of keeping things new and exciting every year, with rich activities and field trips all

summer. From archery to foam machines, crafts, horseback riding, giant waterslides, shofar making, animal shows and silent discos, this camp has it all! Speaking of the directors, never has there been a more devoted and caring leadership team than at CGI. That spirit flows down to the counselors and to the campers, making CGI a truly unique and wonderful community. My kids have made friends and memories to last a lifetime at CGI. I cannot say enough great things about this camp," says Hallie Aronson of Branford.

The 2021 dates for camp are June 28 through August 6. Registration is open. Financial aid is available. Find out more about Camp Gan Israel and plans for Summer 2021 at ganisraelnh.com. Contact Chanie at (203) 701-9386 or info@ganisraelnh.com for more questions about camp. To see why kids just can't get enough of the CGI energy and fun, follow them on Instagram @ganisraelnh or facebook.com/ganisraelnh.

JCC DAY CAMPS
JUNE 21 - AUGUST 13
 JCC Day Camps
 JCC OF GREATER NEW HAVEN

TAKE ME BACK TO CAMP...

Last summer, JCC Day Camps was in session even when other camps were not. We not only ran a safe and successful camp season, but it was the most rewarding yet. This year, strengthened with knowledge and experience, we will again persevere. Join us on our 54-acre campus for an adventure you're sure to never forget.

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- Arts & Crafts

REGISTER ONLINE AT: jccnh.org/camp

For more information contact Camp Director, Debra Kirschner, summercamp@jccnh.org

203-387-2424 x253



Your first time camper may be eligible for up to \$1000 off Jewish Camp!



The Jewish Foundation's One Happy Camper program provides 1. Needs-blind incentive grants of up to \$1000 for first-time campers and 2. Needs-based aid for first time and returning campers to over 195 Jewish overnight camps.

To learn more or apply, please visit: jewishnewhaven.org/one-happy-camper

BI-CULTURAL HEBREW ACADEMY New Head of School



Rachel Levitt Klein Dratch will take over as head of the Stamford Jewish day school in August 2021 announced Bi-Cultural Hebrew Academy's (BCHA) President David Pitkoff and Chairman of the Board of Incorporators Bob Zitter. She succeeds Jacqueline Herman, who is stepping down after 11 years of service.

"Under Jackie's stewardship, BCHA has developed and thrived as a school known for its warmth and academic excellence," wrote Pitkoff and Zitter in a letter to the Bi-Cultural community. Herman was honored at BCHA's Annual Gala on February 28 with the first-ever Walter Shuchatowitz Award for Excellence in Education for her years of service.

Dratch serves as director of educational innovation at Prizmah-The Center for Jewish Day Schools, a national network for Jewish day schools and yeshivas. She was charged with training and mentoring heads of school and senior administrators in day schools.

Prior to that, in Maryland, she served as director of student life and Israel guidance at Beth Tfiloh Dahan Community Day School in Baltimore, and as high school dean of students and lower school assistant principal at the Berman Hebrew Academy in Rockville. A graduate of Stern College with a bachelor's in Judaic studies, Dratch holds a master's in Jewish education from the Azrielli Graduate School for Jewish Education and Administration of Yeshiva University.

While Rachel Dratch may be new to Stamford, her ties to the community are already strong. Rabbi Mark Dratch, her husband, who currently serves as executive vice president of the Rabbinical Council of America in New York City, is the former spiritual leader of Congregation Agudath Shalom (1997-2005). Their daughter, Yolly Faratci, and her husband Yaakov, live in Stamford where they serve as Agudath Shalom's youth directors. Yaakov Faratci is also a member of Bi-Cultural's Judaic Studies faculty.

Find out more about BCHA at bcha-ct.org.

SOUTHERN CONNECTICUT HEBREW ACADEMY Like Mother, Like Daughter

by Sarah Lessing
 Freelance Writer

Moving your family to a different state in the midst of a pandemic and days after giving birth is not something one can do without strong motivation. But that is what Abby Michael-Doiny and her husband chose to do last summer. The Connecticut native and mother of two was driven by her desire to rejoin the warm community she knew as a child and to send her three-year-old daughter Naomi to her alma mater, Southern Connecticut Hebrew Academy (SCHA).

A GENERATIONAL EXPERIENCE WITH SCHA

When they were looking for a school that provided a great curriculum and enriching Jewish education, the decision came naturally to Michael-Doiny and her husband to choose SCHA, even if it meant leaving her teaching position of 17 years at PTACH at Yeshiva University high school for boys.

Michael-Doiny started at SCHA (formerly New Haven Hebrew Day School) in first grade with kids of all levels of observance. She found more than just classmates and teachers. "I had Ms. Katz as a first grade teacher and, to this day, she still cooks for me. She made Chanukkah



Abby Michael-Doiny with her daughter Naomi and baby boy Shmuel

cookies for my daughter because she knows Naomi doesn't have a bubby (grandmother)," she explains. Ms. Katz still teaches seventh and eighth grade, along with four other teachers from Michael-Doiny's time at SCHA.

Michael-Doiny's parents had an incredible experience through their daughter's school connections and had the opportunity to absorb the Jewish education she was exposed to, becoming personally involved and embracing a more observant lifestyle. "Rabbi Moshe Y. Hecht, who founded the school, stood as a strong figure and a close friend of the family for years," she shares.

SURROUNDING HER DAUGHTER WITH "LOVE AND KINDNESS"

SCHA was founded in 1946 in New Haven by Rabbi Hecht with only four students at the time, and was moved to its current, more spacious campus in Orange in 1970.

Michael-Doiny describes her SCHA experience as a good balance between her own choice of leading an observant Jewish life and SCHA giving her the tools to go to college with a solid Jewish background. She went on to earn two master's degrees in education from Columbia University.

The SCHA family has grown since Michael-Doiny's childhood. Naomi plays with the children of her mother's childhood friends. This year Michael-Doiny deepened her SCHA connection by becoming a social studies, English and American history teacher.

Learn more about SCHA at schacademy.org.

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- A discussion will take place via zoom after the last film in the category has been screened.

FAMILY & RELATIONSHIPS



Asia
Viewing Dates: March 8 – 14

Winter Journey
Viewing Dates: March 15 – 21

In Search of Israeli Cuisine
Viewing Dates: March 30 – April 4

ACTIVISM



Fig Tree
Viewing Dates: April 5 – 11

Crescendo
Viewing Dates: April 12 – 18

The Crossing
Viewing Dates: April 19 – 25

Ruth and Bob Lesser
Film Sponsor

SPORTS



The Keeper
Viewing Dates: April 26 – May 2

Heading Home: The Tale of Team Israel
Viewing Dates: May 3 – 9

THEATER



On Broadway
Viewing Dates: February 22 – 28

Witness Theater
Viewing Dates: March 1 – 7

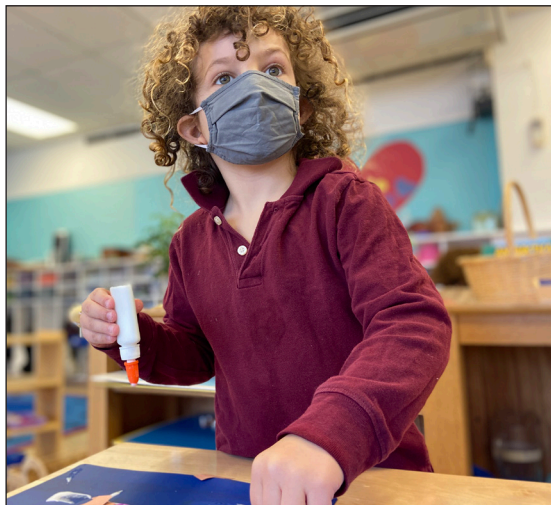
Visit us and make your reservations at jccnh.org/beckermanfilm

EZRA ACADEMY Honoring Amazing Faculty and Staff

by Jessica Khazak
 Director of Strategic Initiatives and Enrollment

Ezra Academy is delighted to honor the Ezra faculty and staff for their abiding commitment and contributions to the Ezra community with the 2021 Gala of Gratitude on May 2. This year, our teachers have adapted and met students with innovative approaches, warmth and a joy of teaching. The adaptations they've made lay the foundations for the students' education future.

"While it has been a challenge maintaining distance, the children have been incredibly resilient. From sliding materials under a plexiglass divider, holding a book up to it, or using a dry erase marker to write directly on it to model a method for their partner, they have made it work! Providing each child with their own bins for personal materials has proven to be a wonderful opportunity to teach the children about responsibility and organization. It has provided them with a sense of ownership and pride in their work, and also helps to develop executive functioning skills. This is something I look forward to continuing in



my post-Covid classroom," said Beth Messina, the first and second grade secular teacher.

"In the fall we had a tent, and in the warmer weather we could sit in the grass—even on rainy days. Just being outdoors with our classes needs to happen a lot more. We also added two additional recesses to our schedule. These added breaks have been great for everyone," explained Liz Ball, the learning specialist and middle school math teacher.

"Each staff member has helped the others to feel welcome and accessible. We now have a weekly



rotation for breakfast to give us all a boost. It's a very supportive environment. Parents have also been extremely supportive, participating as a team to ensure the best educational, social and emotional outcomes for their children," stated Rabbi Amanda Brodie, the social studies (7/8), Judaics (5/6/7) and language arts (5/6) teacher.

Please join Ezra Academy to honor the dedication and perseverance of our teachers on May 2. Entertainment will be announced.

Sponsorship opportunities and early tickets are available. Connect with Ezra Academy virtually via [facebook.com/ezraacademy](https://www.facebook.com/ezraacademy), the email list at info@ezraacademyct.org and upcoming community events.



CELEBRATING PASSOVER 2021

The story of Passover and our journey through the desert exemplifies the Jewish people's history of survival, of hope and of freedom. Many of those in our Jewish community—past and present—have gone through their own journeys of liberation.

We spotlight several of those stories in this special Passover section. The refugee resettlement of JCARR's families from Angola, Iraq and Syria in the New Haven area exemplifies how we help others. We tell the Podoloff family's story as they journeyed from the Ukraine to the US and their successful ventures in our area, such as the New Haven Arena. The immigration story of Victor Erlich, a professor of Russian literature at Yale University, examines his family's journey from Russia through Poland, Japan and the US. The plight of Russian Jews trying to leave Russia in the 1980s is also spotlighted.

Jewish Federation
OF GREATER NEW HAVEN



JCARR: Welcome at Last

by Jean Carr
 JCARR Coordinator

Each year, Jewish people are reminded to see ourselves as strangers in the land of Egypt who spent 40 years wandering in the wilderness. The Passover story inspires us to identify with displaced people around the world.

The UN High Commission for Refugees projects Global Resettlement Needs of 403,287 cases or 1,445,383 persons in 2021. In Connecticut, we hope to receive new refugees and asylum seekers this year. JCARR will be ready to welcome them. For now, JCARR is assisting four families from Angola, Iraq and Syria struggling to achieve the dreams they held when they came to

the United States.

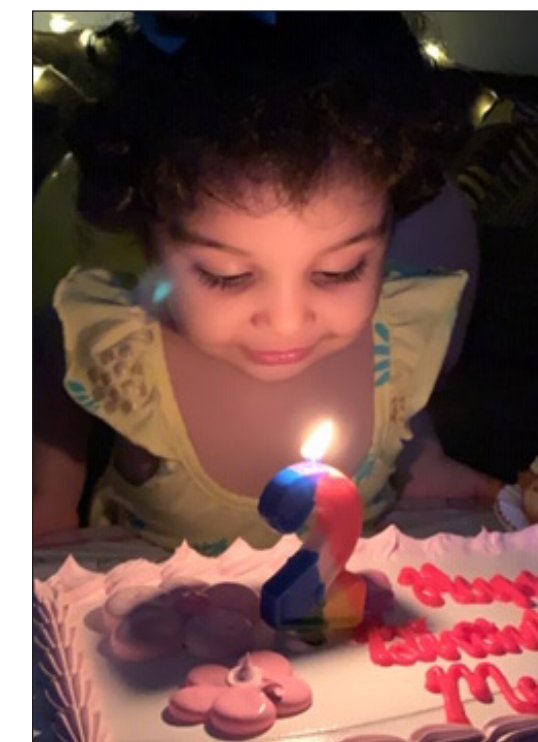
The goal of refugee resettlement is self-reliance, and JCARR's families were well on the road to self-sufficiency before COVID-19 struck. With the pandemic, some slid back a bit while others slowed down or held steady. They all continue to show strength, resilience and determination.

They have nice apartments, children are going to school and parents are working. All are gaining proficiency in English. Some have driver's licenses and own automobiles. Most have green cards. One father earned his GED and plans to go to college.

The inauguration of President Joe Biden revives hope for displaced persons and those who work with them. The

Washington Post quoted transition officials, saying, "Biden wants to move the refugee and asylum systems 'back to a more humane and orderly process'." JCARR's first Syrian family arrived in the U.S. the day of the 2016 election, and they have worried often over the last four years whether they can be safe in this country. Now, they are preparing to take the exams for U.S. citizenship. Issa, the father, says, "I am so happy that I will become an American citizen when there is a president who welcomes people like me."

Jean Silk is the Coordinator for the Jewish Community Alliance for Refugee Resettlement (JCARR). She can be reached at (203) 687-8808 or jsilk@jewishnewhaven.org.



PASSOVER: A Different Night...

by Rabbi Michael Farbman
*Temple Emanuel of Greater New Haven, Orange, CT
 and Chair of New Haven Board of Rabbis and
 Cantors*

Passover seder is known for its questions; they help us focus on what's important on that night. So with a nod to the much revered tradition, let me offer four questions for Passover 2021.

1. WHY IS THIS NIGHT DIFFERENT FROM ALL OTHER NIGHTS? How is this year's Passover celebration different from the description we find in our books and family lore? Since we can't safely gather our entire families around the Seder table once again, how will we fulfill the mitzvah?

2. WHY ON ANY OTHER NIGHT DO WE SHOP, COOK AND GO OUT, BUT IN PREPARATION FOR THIS NIGHT WE STAY IN THE KITCHEN FOR DAYS, IF NOT WEEKS, WORKING REALLY HARD? In preparation for the Passover week and the seder(s), we clean out our houses and cupboards. We are shopping, looking for new recipes, boiling, roasting, baking, chopping and more. All of this to get ready to finally sit down and perform a mitzvah, a commandment to remember that, "we were slaves to Pharaoh in Egypt and our Eternal God led us out from there..." (Passover Haggadah).

No free person can know what it is like to be a slave. But we must keep the memory so that we never take our freedom for granted or let others be enslaved.



3. WHY ON ANY OTHER NIGHT MAY WE CONSIDER HAVING AN ADULT-ONLY DISCUSSION OR CELEBRATION, BUT ON THIS NIGHT WE MAKE SURE OUR CHILDREN, GRANDCHILDREN AND YOUNG FRIENDS ARE WITH US (IN PERSON OR ONLINE)? We work hard. On all other nights, we may run out of time, knowledge, experience or patience. We may not have the right answers or not hear the questions. On this night, we come together to fulfill the mitzvah to observe this institution [of Passover], for us and for our descendants. We should make it our priority as parents and grandparents, as friends and family, as teachers and rabbis to hear every question, to have the answers, to make this experience meaningful and fun for our children of all ages.

4. WHY ON ALL OTHER NIGHTS DO WE READ AND TELL ALL KINDS OF STORIES, BUT ON THIS NIGHT WE HAVE THE STORY TO TELL? Some of us like history; some are rather indifferent to it. Some may enjoy reading a historical book while others prefer science fiction or romance. The seder is centered around a narrative that defines us as Jewish people: the story of Exodus. The Haggadah tells us that, "even if we were all wise and discerning, all scholars and experts in Torah, it would still be our duty to retell the story of Exodus..."

We come together on that day as individuals and as a community not only to learn our history, but to claim our place in it, to make history happen.

Wherever you will be celebrating Passover this year, may your seders be filled with questions and wonder. Wishing you all a joyous and meaningful Festival of Passover.



JEWISH
 HISTORICAL
 SOCIETY OF
 GREATER
 NEW HAVEN

The Jewish Historical Society of Greater New Haven is dedicated to collecting and preserving historical documents, photographs and memorabilia of the Jewish community of Greater New Haven. They spotlight two families, one Ukranian-born and the other from Russia, that immigrated and contributed so much to the Greater New Haven area.

From Russia... to New Haven: The Podoloff Family

by Marjorie Drucker,
JHSGNH Co-President

Abraham and Dora Podoloff left their small town of Podol, south of Kiev in the Ukraine, after a pogrom in 1888 made them realize it was time to leave. Life under Czarist Russia was becoming increasingly difficult for Jews who were targeted after Czar Alexander II was assassinated. Although the assassin was not believed to be a Jew, the anti-Semitism that arose was given legitimacy by the Russian government during this time. Life turned hard as attacks that destroyed property and threatened the lives of Jews became frightening and dangerous. Many Jews were forced to leave Russia.

The Podoloffs immigrated to America in 1890 to seek a better life. They arrived to New York where they would remain for four years, living in Sautucket, a small town near Port Jefferson. Abraham Podoloff had a connection there and found employment. After the birth of their first child and some health issues with the baby, the couple decided to take the ferry across Long Island Sound to the city of New Haven, home of Yale University. There, they settled and raised their family of four children.

Their impact on early Jewish New Haven was broad and, through a series of ventures, they eventually acquired the land to build the New Haven Arena. The Arena, which opened in 1927, was an entertainment venue that held sports, musical and other cultural events for people of all ages until it closed in 1972. It was the largest auditorium in the state of Connecticut.

This information has been adapted by JHSGNH Co-President Marjorie Drucker from the "The Arena Lit Up New Haven: A Century of Podoloffs" article written by Hilda Myers Podoloff and found in Jews in New Haven: Volume VII on pages 171 - 182.

Visit The Jewish Historical Society of Greater New Haven's website at jewishhistorynh.org to digitally read more about this important New Haven family and many others who have helped shape local, regional and national history.



From the Dustbin of History to New Haven: Immigration Story of a Yale Professor

by Burton Levine, *JHSGNH Co-President*

In 1917, when Victor Erlich was three-years old, Leon Trotsky told Erlich's father, "Go where you belong from now on: into the dustbin of history." It was the beginning of the Russian Revolution. The Bolsheviks in St. Petersburg were discussing a government overthrow. Victor Erlich's father, Henryk Erlich, was a Jewish Bund leader who, along with the Mensheviks, opposed the insurrection.

Victor Erlich's family was at the center of Russian Jewish history. His grandfather, Simon Dubnow, was an eminent Jewish historian and a founder of YIVO. Sophie Dubnow-Erich, Dubnow's daughter and Victor Erlich's mother, was a poet and writer who contributed to Maxim Gorki's journal during the revolution.

After the Bolshevik seizure of power, the Erlich family fled back to Henryk Erlich's native Poland. They feared the Bolsheviks, their children were malnourished and sick, and the Bundist party in the Polish nation needed leaders.

In the interwar year, Henryk Erlich edited a Bund journal as well as represented the Bund both on the Warsaw city council and on the Socialist International. Sophie Dubnow-Erich continued to write and their children Victor and his older brother Alexander grew up and went to university.

When Germany invaded Poland, the mayor of Warsaw told Henryk Erlich and other Jewish leaders to go east, away from the Germans. After nine days, mostly on foot, the Erlich family arrived in Pinsk and discovered that the Russians had invaded and that they were now in Russian territory. Henryk Erlich felt he was safer out of Russian territory. He was on the way to his hometown of Lublin when the Russians stopped the train in Brest-Litovsk and arrested him. They sent him to Lubyanka Prison in Moscow. Henryk Erlich and Bund leader Victor Alter were sent to the Gulag. After Germany attacked Russia, they were briefly released to rally world Jewish support for Russia. They were arrested again in 1942. Alter was executed and Henryk Erlich committed suicide.

The Fortunoff Video Archive for Holocaust Testimonies at Yale University produced a series of podcast episodes about Sam Kassow's mother. One of them (fortunoff.library.yale.edu/podcast/sam) features an interview with Sam, says Director Stephen Naron. In October 1945, Celia Kassow gave birth to her son Sam in a German displaced persons camp. Seventy-five years later, Sam Kassow reflects on his mother's life and an astonishing journey of discovery to his mother's hometown in Eastern Europe.

Victor Erlich, with his mother and brother, went to Vilna thinking Henryk Erlich might be sent there. Vilna was also a temporary refuge from both Germans and Russians. Victor Erlich helped sneak his girlfriend Iza out of German-occupied Warsaw, illegally crossing two borders to Vilna. In February 1940, using forged papers, they married. Soon the Russian authorities began searching for the Erlich family. They fled to the countryside and then to Kovna.

In January 1941, with the help of the David Dubinsky's Jewish Labor Committee, the Erlich family was allowed to take a train across Russia to Japan.

Victor Erlich, his wife and his mother got stuck in Japan when the U.S. State Department refused to admit more refugees. The Polish ambassador in Japan got them visas to Canada. They left Japan in August 1941 on the last passenger ship to North America before the Japanese attack on Pearl Harbor. With the help of American trade unionists, they arrived in New York in October 1942.

Victor Erlich spent two years in the US Army and was wounded by a German sniper in France. After discharge he studied Russian at Columbia. In 1962, he became a professor of Russian literature at Yale University.

Facts were pulled from John Reed's Ten Days that Shook the World, Sophie Dubow-Erich's The Life and Works of S.N. Dubnow and Victor Erlich's Child of a Turbulent Century.



Ellen's Passover Vegetable Kugel

*from the kitchen
 of Amy Holtz*



In celebration of Passover, Women's Philanthropy shares a delicious kugel recipe with our readers. Chag sameach!

INGREDIENTS:

- | | |
|--------------------------------|------------------------------|
| 3 cups of farfel | ½ medium red pepper, chopped |
| 3 cups hot chicken soup | 1 cup of carrot, chopped |
| 2 medium onions, chopped | 3 beaten eggs |
| 2 stalks of celery, chopped | 2 teaspoons of paprika |
| 1 medium green pepper, chopped | Salt and pepper to taste |

DIRECTIONS:

Preheat oven to 350 degrees. Mix farfel and broth together. Sauté all the vegetables in vegetable oil until they soften. Beat the eggs and mix all ingredients in a large bowl. Pour into a greased, 2-quart casserole dish and bake in the oven for one hour (uncovered). Enjoy!

Passover Ideas for Kids

Passover Lunch

While there are plenty of gorgeous, kid-approved dinner ideas for Passover available online, and breakfast ideas a-plenty, lunch plans are a little harder to come by. Most of the ones we looked at just read: "leftovers" or "matzah-sandwich" over and over.

PJ Library surveyed parents on their staff and who run local PJ Library programs about their tried-and-true-Passover lunch ideas and came up with this list of nine crowd-pleasers. You'll find main dish ideas that travel well and can be packed for school or lunch on the go, plus a list of snacks to round out your meal.

Learn how to make cauliflower pizza, passover rolls and popovers, soups, mini kugels, deli rollups, cheesy potato pancakes, lettuce-wrapped burgers, cucumber cups, rata-touille and casseroles, and snacks at pjlibrary.org/beyond-books/pjblog/march-2017/9-passover-lunch-ideas-for-kids.

PJ's Passover Pintrest Board

pinterest.com/pjlibrarygnh/passover/



All of the Passover Printables You Need



15 DIY Passover Seder Plates Your Kids Will Love To Make

How to Make Your Own Seder Plate

SUPPLIES:

- Large paper plate
- 6 mini cupcake liners
- Glue
- Markers



DIRECTIONS:

Glue the cupcake liners around the edge of the paper plate.

Use the markers to label each liner with the name of one of the seder plate items, and add colorful drawings around the rest of the plate (this is a celebration, after all).

Fill the plate with the seder items.

Display proudly at your family's seder.

Source:

pjlibrary.org/beyond-books/pjblog/february-2019/how-to-make-your-own-seder-plate



You Were Strangers in the Land of Egypt

by Yelena Gerovich

New American Acculturation Program Coordinator

"You were strangers in the land of Egypt." The phrase is repeated 36 times in the Torah, and is central to Jewish identity. We are told in the Torah that we must remember that we were once slaves in the land of Egypt. This phrase is taken by rabbis to mean that Jews must act to correct injustice that they see in the world. No matter how comfortable Jews become in a place like America, Jews carry bitter memories of persecution—from the Pharaoh to Hitler.

This month, we will be celebrating Pesach. The Seder is about many things: food, traditions, family and memories. Many refugee families from the former Soviet Union have memories and stories about their secret Pesach celebrations in the USSR. Those stories will be repeated and shared with children and grandchildren. In the Soviet Union, the Jews were not allowed to celebrate Pesach freely. In 1962, a law was passed by the Soviet government that prohibited anyone from selling or distributing matzo. The law was strictly enforced, and many Jews were arrested.

On an official level, the Soviet leaders claimed that there was no discrimination based on religion. The USSR submitted a report to the United Nations claiming that state bakeries produced matzo products and made them available for Jewish holidays. It was a lie. Only in 1965, after Nikita Khrushchev was removed from power, did the authorities allow some production and sales of matzo in major cities. In reality, most of the sales were still done under the counter.

On December 6, 1987, more than a quarter million American Jews gathered on the National Mall with a unified message as old as the Exodus story: "Let our people go!" "Our people" were the Jews of the Soviet Union who were being discriminated against, deprived of their freedom of expression and religion, and prevented from emigrating. The Soviet Jews cried out for help from the Jews all around the world.

Israeli and American Jewish activists started to fight; they responded by saying "Hineni - Here I am." As a result of the fight, Soviet Jews gained their freedom, and our Connecticut Jewish community has resettled many refugees from the former USSR.

"Without the Jews, we would see the world with different feelings. And not only would our sensorium, the screen through which we receive the world, be different; we would think with a different mind, interpret all our experience differently, draw different conclusions from the things that befall us. And we would set a different course for our lives," wrote Thomas Cahill in his *The Gifts of the Jews* book.

Our community would have been different today without the Jewish families that have been resettled. We see Russian-speaking nurses and doctors in hospitals, medical centers and labs. Three generations of Jews from the former Soviet Union contribute to American life, culture, military and science. They are school teachers, university professors, entrepreneurs and scientists. They have enjoyed greater acceptance in America than in any other country. They are members of our synagogues, Jewish community centers and other Jewish organizations. They make donations and volunteer.

We have our freedom here in America. We will have Passover food on the table. We are grateful to community members for helping refugee families. We thank the refugee families for raising wonderful children and grandchildren, and making a difference in our community.

We are strongest when we stand together. The New American Acculturation Program provides the Russian-speaking community with community updates, newsletters and virtual programs. For more information, including sponsorships of specific programs, contact Yelena Gerovich at (203) 387-2424 x321 or email ygerovich@jewishnewhaven.org.

Вы были пришельцами в земле Египетской

"Вы были пришельцами в земле Египетской" Эта фраза повторяется в Торе 36 раз и является центральным элементом еврейской идентичности. В Торе сказано: мы должны помнить, что когда-то были рабами в земле Египта. Раввины считают, что эта фраза означает, что евреи должны действовать и исправлять несправедливость, существующую в мире. И даже живя в комфортных условиях, евреи помнят и сохраняют горькие воспоминания о преследованиях - от времён фараона до Гитлера.

В этом месяце мы будем отмечать Песах. Седер посвящен многим вещам: еде, традициям, семье и воспоминаниям. У многих семей беженцев из бывшего Советского Союза есть воспоминания и истории о тайных празднованиях Песаха в СССР. Мы будем повторять и рассказывать эти истории детям и внукам. В Советском Союзе евреям не разрешалось свободно праздновать Песах. В 1962 году Советское правительство приняло закон, запрещавший кому-либо продавать или распространять мацу. Закон строго соблюдался, и многие евреи были арестованы за попытку выпекать, продавать и покупать мацу.

На официальном уровне советские лидеры заявляли об отсутствии дискриминации по религиозному признаку. СССР представил в ООН отчет, в котором утверждалось, что государственные пекарни производят мацу и предоставляют ее на еврейские праздники. Это была ложь. Только в 1965 году, после того как Никита Хрущев был отстранен от власти, власти разрешили производство и продажу мацы в крупных городах. На самом деле большая часть продаж все еще происходила из-под прилавка.

6 декабря 1987 года более четверти миллиона американских евреев собрались на Национальной аллее с единым посланием, старым, как история Исхода: «Отпустите наш народ!» «Нашим народом» были евреи Советского Союза, которые подвергались дискриминации, лишались свободы выражения мнений и вероисповедания и не допускались к эмиграции. Советские евреи зывали о помощи к евреям всего мира.

Израильские и американские еврейские активисты начали борьбу; Они ответили: «Хинени - вот я». В результате борьбы советские евреи обрели свободу, и наша еврейская община Коннектикута приняла многих беженцев из бывшего СССР.

Наша община сегодня была бы иной без уникального вклада семей из бывшего Советского Союза. Мы видим русскоговорящих медсестер и врачей в больницах, медицинских центрах и лабораториях. Три поколения евреев из бывшего Советского Союза вносят свой вклад в американскую жизнь,

культуру, вооруженные силы и науку. Это школьные учителя, профессора университетов, предприниматели и ученые. В Америке они пользуются большим признанием, чем в любой другой стране. Они являются членами наших синагог, еврейских общинных центров и других еврейских организаций. Они делают пожертвования и работают волонтерами.

Мы обрели свободу в Америке. У нас на столе будет вкусная пасхальная еда. Мы помним и благодарны всем помогающим семьям беженцев. Мы благодарны семьям беженцев, которые воспитали замечательных детей и внуков и вносят значимый вклад в жизнь нашего сообщества.

Мы сильны, когда мы вместе. Программа New American Acculturation продолжает рассылать новости, информационные бюллетени и проводит виртуальные программы. Для получения дополнительной информации о New American Acculturation Program, с вопросами и предложениями звоните Елене Герович по телефону (203) 387-2424 x321 или ygerovich@jewishnewhaven.org.

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We are excited to share the newest addition to the JCC / Beckerman Lender Jewish Community Building lobby. This slick and beautiful donor recognition wall celebrates the generous contributions made to the Building Our Future capital campaign. When a devastating fire ravaged the JCC in December of 2016, our community stepped up to rebuild the JCC which, as we learned through our community-wide survey, is the heart of our Jewish community. The generous donors

recognized helped to renew spaces and added new ones for the joy and delight of our community, and to the tune of record JCC membership numbers. Because of the pandemic not many have had the chance to see this wall in person so we invite you to view it online.

Visit jewishnewhaven.org/bof or jccnh.org/bof to learn more.

Supporting Aquatics at the JCC

by Nurit Kohl
Shalom New Haven Staff

“The Marcia and Stanley F. Reiter Swimming Pool at the JCC of Greater New Haven is a special place for so many people in our community,” said Scott Cohen, Executive Director at the JCC of Greater New Haven. In a typical year, the pool serves thousands of people of all ages. Programs range from *Swim with Me* and swim lessons for all ages to competitive swim team, adaptive swim for people with disabilities, water aerobics, lane walking, free swim and family swim. “Swimming is a life-saving skill and a healthy way to keep your joints moving year-round,” said Nicollet Camara, Director of Sports & Recreation at the JCC. In fact, Jewish law counts swimming as one of three skills parents must teach their children as a proxy to risk-taking, judgment, physical health, and personal safety.

For the Greater New Haven community—especially during the COVID-19 pandemic—the pool at the JCC has served as an oasis of safe space for exercise and stress alleviation. Dozens of thank you notes and emails were sent by members during this special time, many of whom recognized the value of the pool and what it meant for those who’ve used it. Since the pool was named for Marcia and Stanley F. Reiter in recognition of their generous gift to build it, many have stepped up to help sustain capital expenses and ongoing programs at the pool because they found it to be such a meaningful place. Most recently in 2019, the pool received a gift from the Atkins family to purchase a special wheelchair to enter the water via the ADA-accessible pool ramp, making the pool more accessible to people with physical disabilities. This winter, the JCC celebrated two new lane sponsors to support the capital needs.

SWIMMING IN THE FAST LANE
The Federation’s Chief Development Officer, Amy Holtz, shares that her phone rings often with calls from generous and devoted community members looking for meaningful ways to direct their philanthropic dollars in the Jewish community. The last week in December was particularly special, as Holtz received two calls from two different donors who wanted to sponsor a swim lane at our pool. These donations help to support capital needs and improvements which do not come

MAKE A SPLASH!

70 swim team members

50 seniors participating in water aerobics

600 children participate in group swim lessons.

1,000 1,000 private & semi-private lessons per year

6,000 people of all ages enjoy lap and family swim

from operational revenue such as membership dues and program fees. “It was a wonderful and welcome surprise to have two generous donors interested in making a gift to our pool at the same,” said Holtz.

Barbara and John Lichtman dedicated a pool lane stating, “We are and always have been very committed to the JCC. We love that our grandchildren have been able to enjoy the center from the Beverly Levy Early Learning Center to learning to swim at the pool.” John added, “Barbara is a dedicated user of the JCC fitness programs and for the last year, she has enjoyed the virtual fitness classes that the center has offered. We are happy to support the programs and services of the JCC and look forward to doing so for many years to come.”

Dr. Kalman Watsky and Dr. Debbie Fried provided that, “for thousands of years, humans have had to find the resilience to survive torture and slavery, plagues and pandemics. As Jews, we’ve had a lot of practice. We do so via coming together as a community, by nurturing our sturdiness via many ways, including physical mobility and comforts, as well as a wide variety of other coping mechanisms. Our own JCC offers us such a compilation of supports in our current time of stress. It is here that

we can come together, some for pickleball, some for spinning, some for swimming, some for schmoozing- en mask! We aim to support the JCC community in this way, hoping to pass on to future others who can find what enables their own resilience when the need arises. Thank you to all who make this community possible.”

MAKE A “SPLASH!” AT THE JCC
As a result of the renewed, strong interest in supporting the pool and our Aquatics program, the JCC has launched a new opportunity for donors and we are excited to announce the launch of our Make a Splash! campaign which includes a donor wall with plaques at the pool.

Our first plaque was dedicated in honor of Pat Sundermann, who has volunteered with the JCC swim team Blue Marlins every single day in the past 25 years. Pat, whose mother was a competitive swimmer and champion in breaststroke, used to swim on the YMCA swim team with her sister as a child. No one was surprised when Pat’s own daughter Emma presented a talent and a love for swimming and joined the swim team at the JCC, which is when Pat became a volunteer with us. “You’ll work with the parents and I’ll work with the kids,” she recalls the head coach told her with a determined tone of voice. Since

then she has been the glue keeping the team together, especially after her daughter Emma died in 2003 from a rare infection. “Emma loved swimming, she loved the water. What keeps me going is seeing the kids improve on their strokes, turns, and dives. You just see it in their faces, that they are so proud of their accomplishments. And I love being a part of it,” said Pat.

Our second plaque came from Holly and Michael. In Spring 2020, Holly learned she was pregnant and was thrilled to hear that the JCC would be safely reopening the pool during COVID. Holly always loved swimming but she particularly enjoyed it when she could feel her baby girl, Lucy Noelle, doing kick-turns in utero while Holly swam laps. Holly cherished those moments of special connection with Lucy and she will never forget them. After Lucy was stillborn, Holly and her husband Michael decided to make a gift in her memory, in support of the Aquatics programs at the JCC. “Everyone, especially at the JCC, has been so wonderful. People have been checking in with us...of course, it is the most awful thing that can happen to anybody but it is comforting to know that there are so many people who care. Especially during the pandemic, and with the fact that both of our families are living a plane ride away,” said Holly.

Michael and Holly named their baby Lucy Noelle because Lucy was a name they always loved and Noelle was Holly’s first relative who immigrated to the United States. With an optimistic gaze into the future, Holly says, “not all hope is lost. Our future kids will get swim lessons here, and we will show them Lucy’s plaque on the wall. Our hope is that this place will carry on Lucy’s legacy and will help bring our family, and other families, together.”

Make a Splash! is a new giving opportunity in support of the Aquatics programs at the Marcia and Stanley F. Reiter swimming pool. The donor wall will recognize two giving levels, and supporters can dedicate a plaque in honor or in memory of a loved one. To recognize a loved one and to make your own “splash!” in support of the Aquatics programs at the JCC, visit jccnh.org/splash.

For information on all the ways that you can support the JCC or the greater mission of the Jewish Federation of Greater New Haven, contact Jewish Federation Chief Development Officer Amy Holtz at aholtz@jewishnewhaven.org.

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PJ Library The Latest News from Far and Near

PJ LIBRARY EXPANDS PROGRAMMING FOR KIDS AGES 9-12
 The Jewish Federation of Greater New Haven is expanding its PJ Library program by adding PJ Our Way, a new chapter of PJ Library for kids ages 9-12, available in our community.



As part of the program, PJ Our Way participants can create book trailers, videos, quizzes, author interviews and other media to communicate with peers about the books. The PJ Our Way website pjourway.org provides these new avenues for discussion.

Find out more about PJ Library at Jewishnewhaven.org/pj-library, including links to sign up for free books, upcoming events, PJ Library's Instagram and Facebook pages, the Closed PJ Grown Ups Group on Facebook, activities, and many other resources.

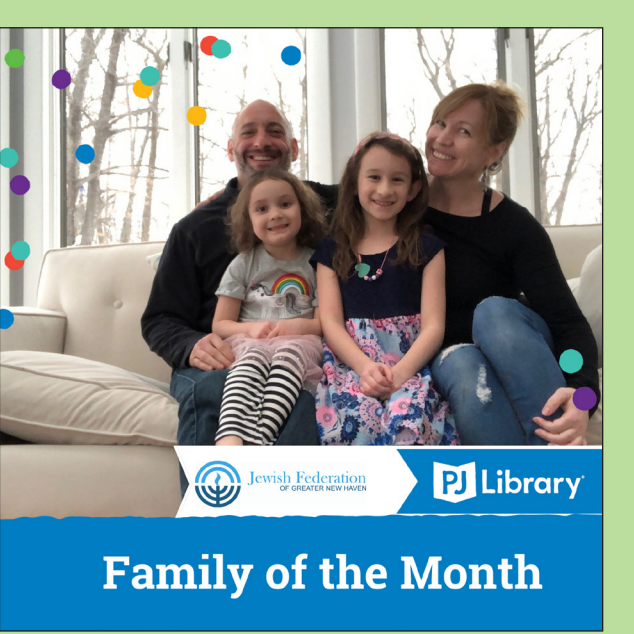
Building on the success of PJ Library, which gives the gift of Jewish children's books each month to more than 750 children in the Greater New Haven community and 234,102 children in North America, PJ Our Way allows participants to select one of four books every month, giving them more choice on their journey toward being life-long readers while introducing them to Jewish ideas.

PJ Our Way books are provided at no cost to families because of generous contributions from the Massachusetts-based Harold Grinspoon Foundation and PJ Alliance funders.

"We believe these stories and their values help shape young people in their understanding of being Jewish, and it's our hope that PJ Our Way will ultimately build a strong community of young Jewish people," said Harold Grinspoon, Founder of PJ Library and PJ Our Way.



Family of the Month
March Family of the Month is the Levy family.



Family of the Month
April Family of the Month is the Ratner family.

PJ Library Jewish Federation of Greater New Haven

ALL STAR MUSICAL SEDER

Date: Tuesday, 3/23, 2021
Time: 6PM-7PM

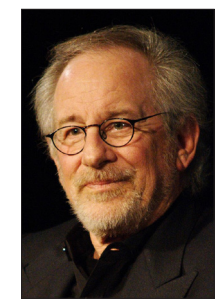
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NEFESH MOUNTAIN	RICK RECHT	ELLEN ALLARD	RABBI JOSH WARSHAWSKY
JOANIE LEEDS	SHIRA KLINE	ELANA JAGODA	ELIANA LIGHT

for more info please visit jewishnewhaven.org/pjlibrary



2021 Genesis Prize Laureate: Director, Producer and Philanthropist Steven Spielberg



(The Genesis Prize Foundation) - February 10, 2021 - The Genesis Prize Foundation announced film director, producer and philanthropist Steven Spielberg as the 2021 Genesis Prize Laureate.

The annual \$1 million Genesis Prize, dubbed the "Jewish Nobel" by TIME magazine, honors extraordinary individuals for their outstanding professional achievement, contribution to humanity and commitment to Jewish values.

The award recognizes Spielberg's outstanding achievement as one of the most influential filmmakers in the history of cinema; his social activism and prolific philanthropy; and his principled stance against anti-Semitism and all forms of intolerance. The Prize also recognizes his extraordinary work to preserve the memory of the Holocaust and prevent future genocides through film, public advocacy and philanthropy.

For the first time in the history of the Genesis Prize, the voice of global Jewry was a major factor in Laureate selection. Two hundred thousand Jews on six continents cast their votes for the 2021 Laureate; millions more engaged on social media. While the Prize Committee had the ultimate discretion about the selection of the recipient of this prestigious award, the fact Spielberg received the most votes was a major determining factor.

To read the full press release, visit genesisprize.org/press-center.

CONNECTIONS: From Woodbridge to the Kibbutz

A "small world" experience occurred in Geva, a small Israeli kibbutz, this past fall.

Raz Firstanberg, a native of the kibbutz, served as an Israeli emissary in 2014-15 in the Greater New Haven community. Hosted by the Zackin and Syrop families, Firstanberg spent time in Jewish schools and institutions doing entertaining and educational activities as part of his mission to strengthen and preserve the bond between New Haven and Israel.

Upon his return to Israel he served in the Israeli Defense Forces (IDF), serving in the Paratroopers Brigade's highest unit, Sayeret Tzanchanim, to protect the State of Israel. Following his service and time back on his kibbutz, Firstanberg travelled to Southeast Asia, visiting Thailand, Laos and Cambodia. He stayed extra months in Cambodia when the pandemic hit.

Returning to Geva, Firstanberg was asked to address a group of Americans about his army service. This group of young adults had come to Israel to serve in the IDF and make aliyah.

One of these new olim (immigrants) is Andrew Benjamin, the 23-year-old son of Zara and Bruce Benjamin of Woodbridge. Benjamin's decision to make aliyah had been building since his first family trip to Israel following his bar mitzvah. He recalls that the trip was an opportunity to internalize all the things that he had been hearing from a very young age.

"I'm really fortunate that I grew up in Woodbridge, and that my parents decided to send me to Hebrew school, where a lot of my teachers were Israeli. I remember having a lot of Hebrew and prayer lessons, but there was also a really substantial amount of Israeli culture and Jewish history. There were also two Israeli student emissaries that would come and act as ambassadors to help foster Israeli-American relationships every year. I'd probably say that was where my Zionism really found its start. I think having that kind of exposure and learning about the Jewish State from a young age influenced how I perceive my own Judaism in relation to the people around me" Benjamin says.

The Garin Tzabar program has supported participants—soon-to-be lone soldiers—providing lessons in culture, trips around the country, Hebrew language education and involvement in kibbutz life.



Israeli emissary Raz Firstanberg (left) and Woodbridge native Andrew Benjamin (right) smile for the camera together in Israel.

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Liora Lew Endowment Fund for BEKI Established



by Yaron Lew
BEKI President

Liora Lew, the late wife of BEKI's President Yaron Lew, passed away in June 2020 from an aggressive cancer diagnosed just two months earlier. To honor her memory, he has established the Liora Lew Endowment for the Advancement of Youth Education and Youth Activities at Congregation Beth El-Keser Israel (BEKI), managed and administered by the Jewish Foundation of Greater New Haven.

"Liora loved the community, the comradery, the schmoozing, putting up the Purim decorations, and helping drive elderly congregants to and from services," Yaron Lew explained. "Her greatest passion at BEKI was youth education and youth activities."

They raised three daughters—Daphne, Dana and Maya—at BEKI, and his wife spent many years helping at BEKI Religious School [BRS]. "Liora was instrumental in establishing BEKI's Benei Mitzva Program," Yaron Lew said. "She loved leading the Saturday morning Shabbat Havura for the preschool children."

"Liora had a model for a practical literacy curriculum from which kids could continue their own Jewish education," said Ina Silverman, principal of BRS. "She wanted the kids to have the joy that knowing your heritage and practicing its traditions can give."

Lynn Brotman worked with Liora Lew on BEKI events, such as Purim celebrations and social gatherings at the synagogue. "When I think of Liora," Brotman said, I always think of a warm, smiling face that greeted everyone as we entered the shul, and an enthusiastic team player in event decorations and planning."

"We had three sons parallel in age to her three daughters," Dr. Jennifer Botwick said. "Her youngest daughter and my youngest son, Jacob, went to BEKI and Wilbur Cross together. I most appreciated her respectful acceptance and interactions she had with Jacob. He has Down Syndrome, and Liora never acted or spoke or did anything differently around Jake. Doing so was a terrific model for her girls, as well for others, especially other adults!"

"I witnessed a gracious and soulful woman, full of ruach and caring. A most definite Eishet Chayil," Botwick added.

"Liora already has a leaf on the BEKI Tree of Life wall," Yaron Lew said, "but I wanted something more. I want to ensure that what she liked so much will have additional funding to expand. There is no doubt in my mind that Liora would have enthusiastically supported this cause, and I'm sure BEKI will put these funds to good use."

Find out more about BEKI at beki.org. Find out more about establishing an endowment fund at newhavenjewishfoundation.org.

Scholarship Deadlines

Israel Experience Scholarships

The Jewish Foundation provides scholarships for organized Israel educational programs. Israel scholarships are needs-blind and are available for New Haven area youth ages 14-20.

For 2021 summer trips, applications are due by March 5, 2021. For 2021-2022 gap or academic year programs, applications are due by June 11, 2021.

College Scholarships

Needs-based as well as needs-blind college scholarships are now available for high school seniors as well as current college students. The deadline for all college scholarship applications is May 14.

Go to jewishnewhaven.org/scholarships for details.

New Funds in 2020

New Women of Vision

Diane Ariker
Judy Cooper
Judy Naden
Dawn Staton

Youth Philanthropy/Build a Tzedakah Funds

Adam Joshua Fleischman Tzedakah Fund
Sophie Mervine-Schiff Fund
Samantha Joy Hass Tzedakah Fund
Jordan Hass Tzedakah Fund
Ethan Hass Tzedakah Fund

Fund for the benefit of Congregation Beth Shalom Rodfe Zedek

Congregation Beth Shalom Rodfe Zedek
Endowment in Honor of Sandy Seidman

Scholarship Funds

Vine Family Scholarship Fund

Donor Advised/Family Philanthropy Funds

Elaine and Dr. Joseph Dworkin Fund for
Art & Science Education
Stacey & David Trachten Family
Foundation
Watsky Fried Family Fund
Rastelli-Weiner Charitable Fund

Fund for the benefit of Temple Emanuel

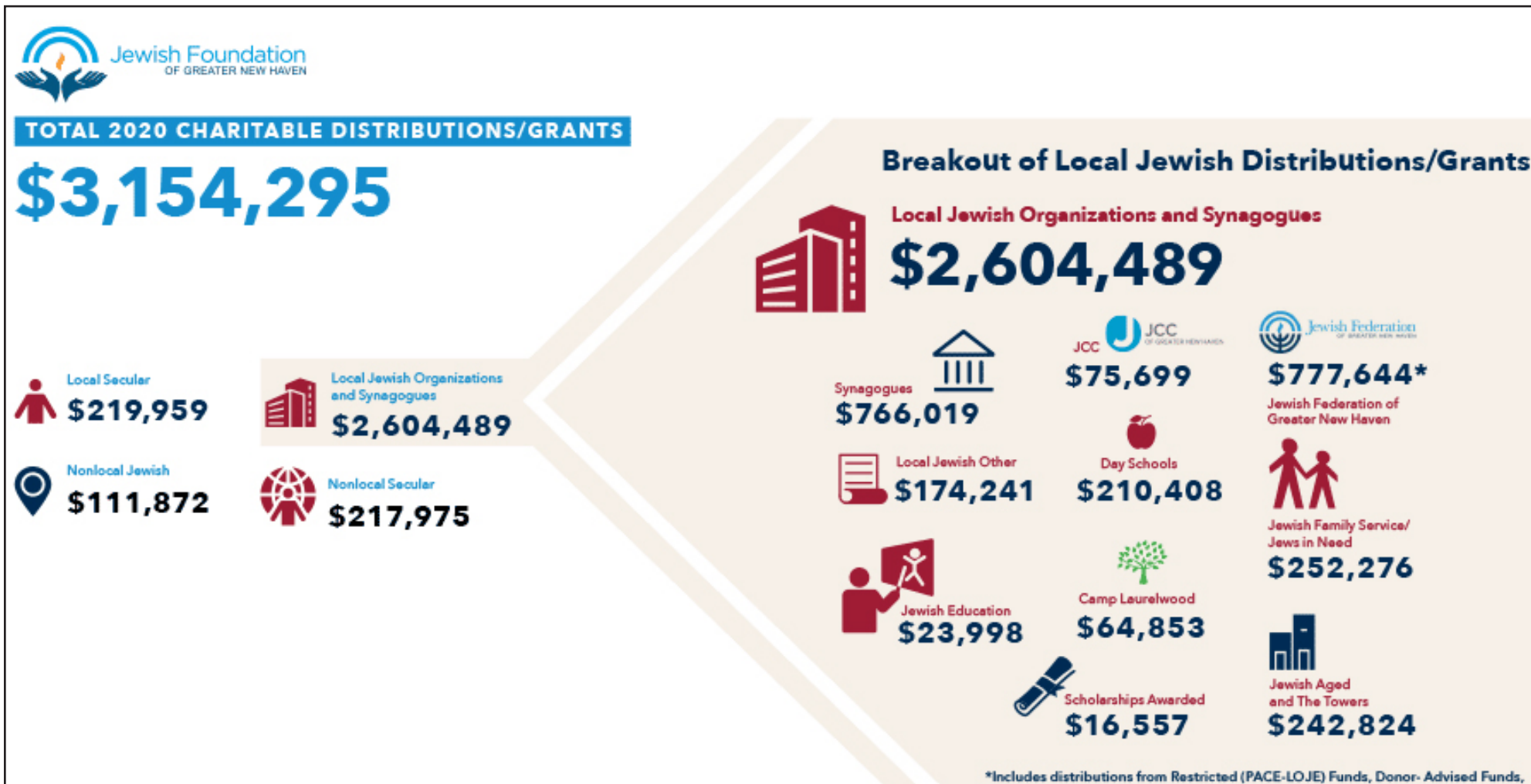
Kliger Family Fund for the benefit of
Temple Emanuel

Unrestricted Fund

Harry's Birthday Fund

Fund for the benefit of JFACT

The JFACT Fund, Inc



Jewish Foundation 2020 Financial Snapshot

Total Foundation Assets

\$66 Million

Investment Return

14.01%
One-year

Contributions

\$2,515,086
in gifts received

8.69%
Three-year**

Charitable Distributions/Grants

\$3,154,295

• \$2,604,489 (82.5%) was to local Jewish organizations and synagogues

• 1,113 separate distributions to 386 different organizations

Grant Highlights include:

\$260,000

in security grants

\$130,000

for Jewish elderly grants

\$538,290

Jewish Federation/Jewish Foundation Covid Maimonides Response grants*



* Covid Maimonides grants March 2020-February 1, 2021. Number represents grants to date, grants continue to be awarded.

** Beginning in 2017, the Jewish Foundation changed investment advisors. Because of this, we do not have long-term returns.



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BEKI Families Connect in Creative Ways

Over this long winter, as many of the pandemic-safe methods that communities used to stay connected in warmer weather have not been available, families at BEKI have been creative in finding alternative ways to maintain community and celebrate Jewish life.

BEKI USY has planned hardy outdoor gatherings when possible. Most recently, the teens met in a public park on a snowy afternoon to celebrate Tu Bishvat. The teens kept their blood moving with tree-themed yoga poses and ate individual bags of fruit and nut trail mix (aka “Tu Bishvat Seder in a Bag”).

Teen drivers in the USY youth group made touch-free home deliveries of Chanukah gifts and Purim Shalach Manot baskets to every high schooler in the synagogue community. The packages also included supplies for activities to complete together at USY Zoom parties for the two holidays.

Families with younger kids received care packages in the mail with Jewish craft materials, holiday-themed snacks, and soft-stuffed Torah scrolls—just like the ones at in-person BEKI Shabbat morning services.

One of the hardest things about not being in the synagogue building is being separated from the BEKI Children’s Library. This is an exciting time for the library,

which is currently being refreshed and gaining many new books, thanks to a gift in memory of Barbara Rader. In the meantime, Jewish books are going to BEKI families in two ways: circulating current library books by request via no-touch drop off at home and recommending e-books through the free Hoopla public library app. Hoopla’s e-book offerings vary based on which town issued the library card but, in general, the app offers a variety of online children’s books with Jewish themes. Recently recommended favorites include Miriam at the River by Jane Yolen and Nachshon, Who Was Afraid to Swim by Deborah Bodin Cohen.

Coming soon, middle schoolers in BEKI’s Kadima youth group will receive their own copies of a Jewish young adult book, in preparation for a new Kadima Book Club.

The outdoor Shabbat morning services held during the warm months of the pandemic have been adapted to a “pop-up” model. If the weather will be above freezing with no rain or snow, the word goes out in the Thursday email that Pop Up Family Shabbat is on! Pop Up Shabbat is a quick, parent-led outdoor service in the BEKI courtyard, suitable for all ages of children.

For more information, contact Annie Norman-Schiff, Youth and Family Programming Director, at anormanschiff@beki.org.



Milat Hayom



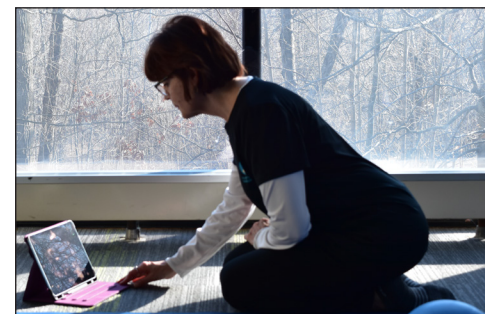
Learn a Hebrew word of the day with a SNEC Israeli Emissary! In one example, Raz Firstenberg talks about the Hebrew word for mask at youtu.be/_mGrtb5MORA. It’s the perfect word to use right after Purim too!

The Israeli Young Emissary Program is a 10-month volunteer service experience. Israeli high school graduates from the Afula-Gilboa region who choose to defer their army service serve as young ambassadors for Israel to the communities in their partnership region in Southern New England.

To view the Milat Hayom videos, visit the Jewish Federation’s YouTube, Facebook and Instagram pages.

FITNESS & WELLNESS AT THE J

Online Exercise Videos: What You Need to Know



by Susan Donovan
Director of Fitness & Wellness Services
JCC of Greater New Haven

The pandemic has certainly prompted the gym goer to pursue online options to stay in shape. Platforms like YouTube have certainly made workouts easier to find and convenient to access, allowing people to take advantage of exercise classes in the comfort of their home.

These online video platforms are overflowing with exercise video options; the ease of workout availability may not always be the best solution regarding exercise safety, quality and even the information offered as it is not always the best for everyone.

A QUICK GUIDE TO HELP YOU NAVIGATE YOUR OPTIONS FOR EXERCISE SAFETY, CONTENT QUALITY, AND AN UNDERLYING NEGATIVE MESSAGE OR PROMOTION OF A PRODUCT.

1. When following an at-home exercise video, no one is checking in on your form or taking into consideration any physical limitations or pre-existing medical concerns you may have; you need to take responsibility for your own safe workout. Is the person leading the workout offering movement modifications and encouraging you to listen to your own body? Does a particular exercise cause pain? If you are unsure if you’re performing the exercise correctly—or if it causes discomfort other than the healthy sensation of muscles reacting—then stop, sit that one out or choose another video to follow.

2. Check the channel information for the instructor’s credentials. Anyone can post an exercise video on a platform such as YouTube, whether or not they are well-trained, certified or even qualified. Do they carry the education and experience in the workout format they’re teaching? Are they certified through a credentialed fitness organization such as ACE, ACSM, NASM or AFFA, to name a few?

3. Is there a proper warm-up to prepare for the workout and a sufficient cool-down?

4. The person leading the workout has the ability to influence you. Are they inspiring and motivating? You should feel good physically, mentally and emotionally when you move your body.

5. Be aware of product promotion. Is it a sponsored video requiring you to purchase a specific product may influence the messages you hear.

Consider going virtual through live streaming exercise classes and/or personal training programs. Platforms like Zoom enable you to have an interactive experience where the fitness professional can instruct and observe through the screen, ensuring a safer and more effective workout. The JCC Fitness & Wellness Department offers a variety of live streaming programs that do exactly that. They also have a library of videos taught by certified, experienced teachers and trainers where members can access easily through our website at jccnh.org.

Reach out to Susan Donovan for additional guidance at susand@jccnh.org to help you take better care of your health and wellness. Find out more about programs at jccnh.org/personal-training/fitness.

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Jewish Family Service Tackles COVID Depression in Teens



As we approach the one year mark of social distancing, remote learning and pandemic living, we are now seeing that no matter how careful one is, no one is immune to the emotional, mental and physical toll of this virus. According to the Centers for Disease Control (CDC), adolescent emergency room visits for mental health have risen during the pandemic; the proportion of mental health-related visits for children aged 5-11 years and adolescents aged 12-17 years increased approximately 24% and 31%, respectively, compared with those in 2019. In our local area, we are seeing our youth struggling to make sense of these times.

In response to the needs of our clients and community partners, JFS is launching a therapy group in March for girls, women and transgender non-binary people ages 16 to 20. It will provide an opportunity to connect with other young people while learning to manage their emotions and stay healthy in quarantine. A different Dialectical Behavioral Therapy (DBT) skill will be taught in each weekly group. The group will be facilitated remotely and a link will be provided prior to the sessions.

The limits on teens and their social lives during this time with restrictions, remote schooling, missing out on milestones and special events, and lack of in-person interactions are causing depression and anxiety. You can help your child by talking with them and observing their behavior and moods. According to HealthyChildren.org, these are some of the signs to watch for that could indicate your teen is struggling, including:

- changes in mood that are not usual for your child, such as ongoing irritability, feelings of hopelessness or rage, and frequent conflicts with friends and family.
- changes in behavior, such as stepping back from personal relationships. If your ordinarily outgoing teen shows little interest in texting or video chatting with their friends, for example, this might be cause for concern.
- a loss of interest in activities previously enjoyed. Did your music-loving child suddenly stop wanting to practice guitar, for example? Did your aspiring chef lose all interest in cooking and baking?
- a hard time falling or staying asleep, or starting to sleep all the time.
- changes in weight or eating patterns, such as never being hungry or eating all the time.
- problems with memory, thinking or concentration.
- less interest in schoolwork and /drop in academic effort.
- changes in appearance, such as lack of basic personal hygiene (within reason, since many are doing slightly less grooming during this time at home).
- an increase in risky or reckless behaviors, such as using drugs or alcohol.
- thoughts about death or suicide, or talking about it.

PLEASE NOTE THAT IF YOUR CHILD IS AT RISK, CALL 911.

The JFS Mental Health Program is currently accepting referrals and intakes for remote treatment for children, adolescents and teens. If you think your child could benefit from speaking with a professional, please contact Hannah Leiterman, LCSW, at (203) 389-5599, x114.

JFSGNH SUPPORTS HOLOCAUST SURVIVORS WITH A VARIETY OF SERVICES

The Holocaust Survivors Program at Jewish Family Service of Greater New Haven has received more than 420 requests for help from survivors this past year. This is a 7.5% increase and we expect this number to grow. Our goal is to support our most vulnerable community members as they age at home.

Currently 70 Holocaust survivors receive case management services from our social workers. There is ongoing communication with survivors and their family members to ensure that JFS meets everyone's needs. Many survivors struggle financially and benefit from JFS services such as food and financial assistance and reimbursement of home care expenses. Here are a few ways JFS helps our survivors.

- Case Management
- Emergency Assistance with Unexpected Expenses
- Ongoing Assistance with the Cost of Home Care
- Assistance with Applications for Reparations and Compensation Programs Sponsored by Germany and Other Formerly Nazi-Occupied Nations.
- Use of the JFS Food Assistance Pantry

There are more survivors living in our area who could benefit from JFS services. For further information about the Holocaust Survivor Program, survivors and/or their families can contact Rachel Scolnic-Dobin, LMSW, at (203) 941-3544 or email at rsdobin@jfsnh.org

Significant funding for this program is provided by The Claims Conference, the single largest organization in the world working to secure compensation, restitution and assistance for survivors of the Holocaust or the heirs of victims. Many Holocaust Survivors are currently living at or near poverty. This year JFSGNH is partnering with KAVOD SHEF to be able to help more Holocaust survivors meet their basics needs. If you would like to support this program and assist survivors you can donate on the JFS website jfsnh.org and 100% of your donation will be matched by KAVOD SHEF and go directly to help survivors in need.

JFS OFFERS POST ADOPTION SERVICES

Did you know that Post Adoption Services to families is one of JFS's specialties? JFS has a long history in helping adoptive families and has experience in helping families cope with many adoption related issues. JFS professionals offer families a real understanding of what adoptive parents and their children are struggling with. They will work with children between the ages of 1 to 18 who have been adopted internationally, domestically or through DCF. Families who are interested should Contact Hannah Leiterman at (203) 389-5599, x114.

VIRTUAL CAREGIVER SUPPORT GROUP

During this time of social distancing, JFS is conducting a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and looking for support and connection join us online twice monthly (the 2nd and 4th Wednesday) at 11:00 am. Please note that the March Group will be held the 2nd and 5th Wednesday. The group will be offered on the following dates: March 10, and 31; April 14 and 28. Please R.S.V.P. at mklein@jfsnh.org or (203) 389-5599, x116 and leave a message. A link will be sent to you prior to the group date.

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Jill Wine Banks	The Watergate Girl		
Vanessa Ochs	The Passover Hagaddah: A Biography	3/14	2 p.m.
Amy Lutz	We Walk: Life with Severe Autism	4/11	2 p.m.
Anna Mehler Paperny	Hello I Want to Die Please Fix Me: Depression in the First Person	5/6	7 p.m.

To sign up, visit

jccnh.org/cultural-arts

or email lbarger@jewishnewhaven.org for more information

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Jill Wine Banks

Vanessa Ochs

Amy Lutz

Anna Mehler Paperny

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Sunday April 11 will be a powerful day, when volunteers, donors, and community members will come together to make a difference. It is a one-day phone-a-thon fundraising effort in support of our Jewish Federation's 2021 Annual Campaign. While we can't be together in person, we need your strength to come out of this pandemic stronger than ever. These are very challenging times and we need your support more than ever by making sure our Jewish community organizations are still here to help.

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